

ATLAS Workout Manual – Module 1

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Welcome to ATLAS. In the first module we get into the baseline level of movement principles. We will work on foot stability, pelvic tilt and breathing techniques. In terms of equipment for the first module you only need a tennis ball, a wall and some space to move around. Don't forget to track your progress within the accountability sheet, because it will help you to actually reach your goals.

These are movement basics. Listen to your favorite music while working out, try to feel what happens inside of your body and don't forget to breathe deeply.

It will be fun.

If a certain exercise causes pain, try to work around it by

- adjusting the movement
- changing the movement range
- only partly doing the exercise

If there is no way to work around the pain, don't do the exercise. These rules apply to all upcoming modules and exercises. We don't want to work through pain. Go back to foundational exercises and rebuild again.

WORKOUT 1

2 minutes of lying on the floor while focusing on your **Breathing**. Try to breathe in deeply and without trying to change or control your natural rhythm.

3x 5 repetitions of the **Gray Cook Bridge** with a tennis ball on each side. Focus on pressing the ball into your ribs while actively bringing yourself up with your glutes and hamstrings.

1 minute of **Hip Rotation** on each side. Don't go too fast and change the direction up to your preference.

1 minute of **Hip Opener** on each side.

1 minute of **Spinal Waves** to feel the fluidity of your spine.

90 seconds of the **Hip Flexor Stretch** on each side.

Total time ca. 14 minutes

WORKOUT 2

3 minutes of lying on the floor while focusing on your **Breathing**. Try to breathe in deeply and without trying to change or control your natural rhythm. Breathe into your belly for 3 consecutive times and then 3 times into your chest. Continue alternating after 3 reps until the total time is over.

1 minute of the **QL (Quadratus Lumborum) Stretch** on each side.

150 seconds (2:30 minutes) of **Foot Gripping** and **Foot Arching** alternating between both movements up to your preference.

1 minute of **Hip Opener** on each side.

1 minute of **Spinal Circles** per direction. (total of 2 minutes) You can do 2 sets of 30 seconds or 3 sets of 20 seconds for each direction.

Total time ca. 15 minutes

WORKOUT 3

4 minutes of lying on the floor while focusing on your **Breathing**. Try to breathe in deeply and without trying to change or control your natural rhythm. Count from 1 to 4 while breathing in, hold your breath while counting to 2 and breathe out from 1 to 4 again. Wait individually (without counting) until you feel the urge to breathe again and then repeat. You can adjust the numbers if you feel uncomfortable.

2 minutes of **Spinal Waves**.

2x 8 repetitions of the **Gray Cook Bridge** with a tennis ball on each side. Focus on pressing the ball into your ribs while actively bringing yourself up with your glutes and hamstrings.

90 seconds of **Hip Opener** on each side.

2 minutes of **Foot Gripping** and **Foot Arching** alternating between both movements up to your preference.

1 minute of the **QL (Quadratus Lumborum) Stretch** on each side.

90 seconds of the **Hip Flexor Stretch** on each side.

Total time ca. 20 minutes